

**Milford Recreation Presents...**

# **Senior Fitness: Sit and Get Fit**

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Combining fun and fitness, join a community of seniors and older adults for a total-body workout appropriate for any fitness level. A chair is used for seated and standing support while using light hand held weights. This class is designed to help increase muscular strength, flexibility, joint stability, balance and range of motion. Don't wait, let's get started now! **Instructor Cyndi Maston.**

**Location: Town Hall 3rd Fl Auditorium.**

**\$30/session**

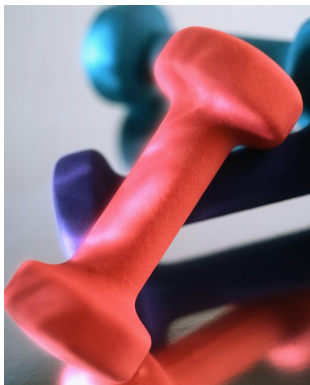
**\$8 drop-in fee**

**Tuesdays 9:15-10am**

**Session 4/1-4/22**

**Session 5/6-5/27**

**Session 6/3-6/24**



**Call us to register!**

**603-249-0625**